

Amada Rivero



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Amada Rivero is the seventh child of a family of eight. She was born and raised in Yucatan, Mexico until the age of 22 years. In Yucatan, Mexico she completed her education and then came to the United States seeking a better life. Amada Rivero is now married and has four daughters, Wendy is 12, Liliana 11, Jenny 10, and Pilar is 3 years old.

One day, while at Monterey Elementary School, Amada heard a parent talking about a series of nutrition classes that were going to start taking place at the school. She quickly became very interested in the classes because she had noticed that she needed to loose weight and had already contemplated starting a diet program. Also, she wanted to learn more about topics related to health. After she began attending the nutrition classes, Amada began changing her way of eating and the way she prepared her family’s meals. “Before attending the classes I never paid much attention to the food labels, I added lots of pork fat to my beans (frijoles con puerco), and bought lots of pork meats”. She now serves her family more fruits and vegetables and does not include pork meats in her meals. She also cooks with olive or canola oil and drinks more milk rather than sodas. Her family has responded well to her changes and this is gratifying to her.

Amada Rivero is absolutely a leader at Monterey Elementary School. She says that as a result of attending the nutrition classes she felt motivated to share what she had learned with others. That is why sharing a tomato plant and her new knowledge with her neighbor was not hard to do. Throughout the years at Monterey Elementary, Amada has been president of the Bilingual Council and has served on various school committees.